



Heidi's Hints on Cheese

Heidi loves to eat cheese, she makes sure that she has the required 2 to 3 cups of low fat dairy every day! There are many different types of cheese, Heidi's favorite kind of cheese is mozzarella, she like to eat it with Italian bread. Heidi's other favorites are: cheddar, provolone, muenster, parmesan, pepper jack and Swiss. What is your favorite way to eat cheese?

Lincoln/Ambrose Elementary April 2010

Fruit & Veggie Of The Month






<u>LUNCH PRICES</u>	
Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk Choice	\$.60
Lactaid Milk (reg/choc)	\$.60
Soy	\$1.00
Ala-carte	\$1.25

<u>ALL STUDENT LUNCH INCLUDES</u>
Skim Milk, 1% Milk or Strawberry, Low Fat Chocolate Milk 100% Orange Juice

<u>Lunch Alternatives</u>
3: Peanut Butter and Jelly Sandwich
4: Peanut Butter and Fluff Sandwich
5: Healthy Choice Salad
Matzo available for Passover
Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing.
<i>*Above served with low-moisture, part-skim mozzarella cheese, and Matzo cracker and the remainder of the meal.</i>

Questions or comments on the Foodservice Program?
Please call Kevin Silvia
Food Service Director
Whitson's Culinary Group
"Bringing Fresh Ideas to the Table"

781-721-7033 or 7032

Monday	Tuesday	Wednesday	Thursday	Friday
		April Food's Day 	1.Mexi-Beef Nacho Lunch Mexi-beef served w/ nachos, salsa, cheese sauce 2. Bagel Lunch Steamed Green Beans	No School Good Friday
1.Steak N Cheese Sub ⁵ Seasoned beef w/ fresh sautéed red & green peppers American cheese served in a sub roll 2. Ham, Turkey & Cheese Wrap Steamed Carrots	 1.Gloria's Pizza ⁶ Whole Wheat Cheese Pizza Slice 2.Ham & Cheese Wrap Carrot Sticks WLF Dip	1.Home Run Chicken Sandwich ⁷ Breaded chicken served in a roll topped w/ cheese. Served w/Wedges. 2. Pretzel Lunch Garden Salad LF Dressing	1. Vegetable Lasagna ⁸ Roasted veggies layered in lasagna strips w/ ricotta & mozzarella cheese & marinara sauce. Served w/breadstick 2. Chicken Caesar Wrap Romaine Salad	1.GloriasPizza ⁹ Cheese Pizza Slice 2. Chicken Ranch Sandwich Mixed Green Salad W/LF Dressing
1.Chicken Bites ¹² Breaded chicken bites served w/ fresh vegetable rice 2. Roast Beef & Cheese On Pumpnickel Bread Seasoned Peas	1.Gloria's Pizza ¹³ Whole Wheat Cheese Pizza Slice 2.Bagel Lunch Broccoli Bites WLF Dip	1.Corn Dogs ¹⁴ Breaded turkey dogs served w/ BBQ dipping sauce & baked beans. 2. Tuna Salad on Wheat Bread Celery Sticks	1.SpaghettiMeatballs ¹⁵ Barilla whole grain spaghetti served w/ marinara sauce & meatballs Wheat dinner roll 2. Veggie wheat Wrap Garden Salad W/ LF Dressing	 1.Glorias Pizza ¹⁶ Cheese Pizza Slice 2. Salami & Cheese Wrap Seasoned Carrots
				
Look Up at the Sky Day! ²⁶  1.Italian Meatloaf Meatloaf topped with marinara sauce & cheese served w/ mashed Potatoes 2. Roast Beef & Cheese Wrap Seasoned Carrots & Peas	1.Gloria's Pizza ²⁷ Whole Wheat Cheese Pizza Slice 2.Ham & Cheese Bagel Caesar Salad	1.Roast Turkey Dinner ²⁸ Roast turkey served w/ mashed potatoes, gravy & cranberry sauce. 2. BLT& Cheese Wrap Green Beans	1.Brunch For Lunch ²⁹ Pancakes w/Syrup, sausage patty & potato rounds 2. Egg Salad Wrap Fresh Banana	1.Glorias Pizza ³⁰ Cheese Pizza Slice 2. Turkey Bacon Wrap Steamed Veg of the Day

Spring Recess

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!
 All Products in our program have Zero Trans Fats!
 Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!
 We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.
 All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!
 Our Ketchup is High Fructose Corn Syrup Free!
 We offer Only Low Fat Cheeses and Condiments!
 Vegetables are always fresh and crisp!
 Unless otherwise indicated all of our Pasta is Whole Grain Barilla brand!
 Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00
 10 Lunches=30.00 30 Lunches= 90.00

WE PURCHASE LOCAL!

*We always use regional suppliers whenever seasonably available.



Check out what we are doing to help save the environment.
 Visit www.Whitsons.com